



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Holiday Fun Runs

### Contact Information

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### Program Information

<b>Program Name</b>
holiday (mile ) fun runs
<b>Program Category</b>
Communication or promotional ideas for PE programs
<b>Grade Level</b>
3-5; 6-8
<b>Assessment Method</b>
Fitness indicator (test scores, miles walked); Impact on bahavior (increase in active minutes or miles walked); Participation rates (number of students involved)

### Program Information

#### Products Developed or Materials Used:

#### Program Description:

Each holiday has a theme. The Friday (in gym class) before the holiday is when the run takes place. Friday's I have "entire grade level" classes together so all kids can participate that day. This oppt. gives the kids a chance to prepare for the mile r

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: [Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)  
[Morgaig@dhfs.state.wi.us](mailto:Morgaig@dhfs.state.wi.us) (Jon Morgan, Physical Activity Coordinator)  
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